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Ellen Vanstone
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metroVIEWS

Vancouver metro

Your essential daily news | MONDAY, JUNE 20, 2016 | High 22°C/Low 13°C Sun and cloud

INTERNATIONAL REFUGEE DAY
A glimpse into the lives of displaced people
metroNEWS

PULL!

Dragon Boat Festival draws paddlers, crowds to False Creek

metroNEWS

WANYEE LI/METRO

Pre-sale market hard on new buyers

LOWER MAINLAND

'It's getting a little bit nuts,' says one real estate agent

Wanyee Li
Metro | Vancouver

The condo pre-sale market in the Lower Mainland is so hot that even a major B.C. developer was caught off guard Saturday when more than a hundred people lined up in the rain for the chance to win a promotion.

Concord Pacific originally advertised the incentive as a chance to win one of 50 "mortgage helper" packages for the first 60 local first-time homebuyers at the door when their presentation centre opened Saturday for the Brentwood development.

The promotion meant buyers paid less deposit and received a post-purchase gift of about half a mortgage payment a month for the first year.

But Concord staff changed their mind early Saturday morning when it saw what its senior vice-president of sales, Grant Murray, described as an "extreme" response that included many real estate agents lining up for multiple clients. Concord announced that everyone who registered at the presentation centre that weekend would be entered into the draw, not just the first 60.

But one would-be buyer says he wasn't surprised about the change.

"There were 33 people at around 1:30 a.m. already," said Hing Yang, a 30-year-old Vancouver resident who has been looking to buy a one-bedroom since June 2015.

His agent, Dennis Ho, says Saturday's incident is one of many in the past year that show how difficult it is for young buyers to enter the market.

Ho took a client to a realtor VIP pre-sale event for Burquitlam Capital, a 23-storey tower slated for Coquitlam, but was told everything was already sold.

"I bring my clients to these events and there's nothing for them."

Lineups are not unusual but the frenzy has increased substantially since last summer, he said.

"It's getting a little bit nuts," said Ho, who has brokered sales in the Lower Mainland for six years.

Most of his clients are young local buyers who have trouble finding an affordable one-bedroom condo.

Ho routinely asks sales staff at presentation centres to save something for first-time homebuyers with little luck.

"I tell them I'm just an average realtor trying to get an average client something affordable," he said. "But they're so swamped I'm sure they just forget who you are."

With so much interest in presales, first-time buyers who are just starting to look for a condo may be in for a shock.

Twenty-seven-year-old Burnaby resident Cassidy Lee lined up at Concord Pacific's presentation Saturday — her first time looking at condos.

"It's surprising that this many people will line up just to spend so much money," she said.

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JOHN COOKSEY

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1st Flip - profit $5,000
2nd Flip - profit $8,000
1 in construction - estimated profit $80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow $34,000/mth
1 Purchased Duplex - $800/mth

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2016 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.

metro NEWS

Your essential daily news

Britain's stay-or-go campaign enters the home stretch. **World**

Outrage over canoe for sale

CULTURE

First Nation member seeks return of Salish boat to his band

David P. Ball
Metro | Vancouver

An online ad, since removed, advertising an "authentic" antique canoe on the website usedvictoria.com. SCREENGRAB/USEDVICTORIA.COM

A Vancouver Island canoe repair company paddled into choppy waters for allegedly trying to sell an antique Salish dugout boat online.

Penelakut First Nation member Kevin Adam Henry was outraged when a friend showed him a post on the website usedvictoria.com advertising a "Salish dugout canoe" for $1,000.

"When I saw the words 'Salish' and 'dugout,' I didn't even want to open the link," the Victoria resident told Metro. "I knew it was probably someone selling a cultural artefact.

"I sent them an email to see if they'd be willing to donate it back free of charge but didn't hear anything back. It's an anthropological artefact, so it's the legal property of my people."

He said that because canoes hold "significant value" in the society and economy of the Salish people, "there would be a lot of history" to the dugout.

"Most people just see a canoe and think of sports," he explained, "but in reality those were our vehicles. We lived along the water; it's our method to fish and live."

The text of the ad, which is no longer online, stated: "100+ year old authentic Salish dugout canoe from Kuper Island (now Penelakut Island)," and added that the seller believed it was used as a daily commuter vessel to Chemainus.

The company allegedly behind the ad is Copper Canyon Canoe. It could not be reached for comment by phone or email Sunday.

But Henry said he believes the boat is actually much older than a century.

"It looks like it could be as old as the 1800s," he said. "That was when we were using those types of canoes for transportation."

> **I don't think they have the right to sell it. Not even our people have the right to sell something that significant, particularly in light of its age.** Kevin Adam Henry

The sale of cultural artefacts has drawn controversy amongst B.C. First Nations before. For instance, an auction house came under fire for selling a Hupacasath Nation family's carved masks several years ago, but said they obtained them from a family member. But the family said that member wasn't authorized to sell it.

Likewise, an entire whaler's shrine deeply sacred to the Nuu-Chah-Nulth on Vancouver Island sits in storage at a U.S. museum after it was removed wholesale more than a century ago; the band continues to push for its return. Several Canadian museums have begun returning artefacts to their communities of origin, unless requested to preserve them.

In the meantime, even though the canoe ad has been taken offline, Henry isn't satisfied until the vessel is returned to his band, and he started a petition online calling for its repatriation.

TRANS MOUNTAIN

Groups challenge approval

A pair of environmental groups are asking the courts to quash a recommendation that the federal government allow the controversial Trans Mountain pipeline expansion project to go ahead.

Lawyers for the Living Oceans Society and the Raincoast Conservation Foundation have filed an application for judicial review of the National Energy Board's recommendation in Vancouver's Federal Court of Appeal, arguing that it is unlawful.

Documents filed in court Friday allege the NEB did not take into account the impact the $6.8-billion project would have on Southern Resident killer whales and their habitat.

If successful, a judicial review would force the board to reconsider its recommendation that the project be approved by the federal cabinet.

Trans Mountain wants to triple the capacity of its existing pipeline from the oilsands near Edmonton to Burnaby increasing the number of tanker ships in the area seven-fold.

The NEB spent two years reviewing the proposal and heard from 35 indigenous groups and 400 interveners before issuing a report and a positive recommendation in May.

The recommendation is subject to 157 conditions on engineering, safety, environmental and emergency preparedness conditions.

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BOAT FESTIVAL

Over 5,000 put paddle to the metal in races for all families

Wanyee Li
Metro | Vancouver

More than 5,000 racers from around the world paddled in unison to beating drums this weekend during the 28th annual Concord Pacific Vancouver Dragon Boat Festival.

The sport has grown in popularity in recent years, with many teams now training all year round. Teammates often describe each other as family and enthusiasts say it offers something that other sports can't.

"We see each other more often than we see our families sometimes, especially during race season," said Kan Cheung, who has paddled for six years for the UBC Thunder team.

The sport demands a degree of intensity and commitment that strengthens the bond teammates have with each other, said John Nam, who founded the team Dragon Ball Z.

"In basketball or soccer, you can have one or two dominant players who can carry the team, but for dragon boat, everyone needs to be on the same page in order to be successful."

The Vancouver Dragonboat Festival is made up of hundreds of races that run in eight-minute increments from 8 a.m. to 6 p.m. Saturday and Sunday. This year, spectators cheered on 188 of the best teams in North America as they went head to head in 500-metre races.

The event's title sponsor, Concord Pacific, invited two teams from China this year to compete as well.

Each 40-foot long dragon boat is powered by 22 paddlers, one steerer, and one caller (who is in charge of the drums at the front of the boat.)

Paddlers start beneath the Cambie Bridge and race to the finish line near Science World.

Paddlers compete during the 28th annual Concord Pacific Dragon Boat Festival in False Creek Sunday. WANYEE LI/METRO

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'RECKLESS ACTION'

Charter yacht disrupts race

Paddlers competing in this weekend's Concord Pacific Vancouver Dragon Boat Festival had not only the rain to contend with, but also a large charter yacht that motored into the middle of the racecourse.

The 2,000-metre final of the Guts & Glory race was well under way Saturday afternoon in False Creek when the yacht cut into the course, abruptly stopping the race. Almost 300 paddlers, who had already paddled hundreds of metres, had to restart the race.

"It's a long race — a hard race," said Anita Webster, spokesperson for Dragon Boat BC. The majority of dragon boat races are 500 metres. She described the boat operator's actions as "reckless."

"He was asked by the race marshal to move aside and he didn't. We have safety concerns about this."

Dragon Boat BC has reported the incident to Vancouver police. WANYEE LI/METRO

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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei and Hay, University Sains Malaysia

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GAY-STRAIGHT ALLIANCE

Surrey school arranges first LGBTQ dance

Alisa Atchison and Yu Takahashi say the pride prom is a chance for students to be themselves. LINDA GIVETASH/THE CANADIAN PRESS

School may be out, but Alisa Atchison has one more art project to complete. The 14-year-old from Surrey will be spending her first weekend of the summer making a butterfly themed mask to wear to her school district's first-ever pride prom.

"I always thought that butterflies were really free ... and they're beautiful," she said. "I want to be free and beautiful as well."

Guildford Park Secondary School's gay-straight alliance is hosting the inaugural district-wide dance on Monday evening to give LGBTQ students from different high schools a chance to meet, have fun and feel supported.

"Each student is on their own path and in a different place when it comes to self-acceptance, or being out or not, or figuring out who they are and I think creating that safe space where you can just be who you are, whoever that is, is really, really important," said Guildford Park teacher Heather Kelley.

The idea for a dance came from students who felt LGBTQ youth do not have enough opportunities to connect.

Typical dances and events, which are exclusive to students from the same school, can feel limiting to queer students whose network of friends extends beyond the school borders, Kelley said.

"The likelihood you're going to meet an out queer teen that you want to date in a high school — you're really lucky if it happens," she said.

Yu Takahashi, 14, who volunteered to make decorations for the event, said she got involved because she sees herself as an ally.

"If I don't respect them or just reject them, they're going to feel uncomfortable and I don't feel that's right for this school or this community," Takahashi said. THE CANADIAN PRESS

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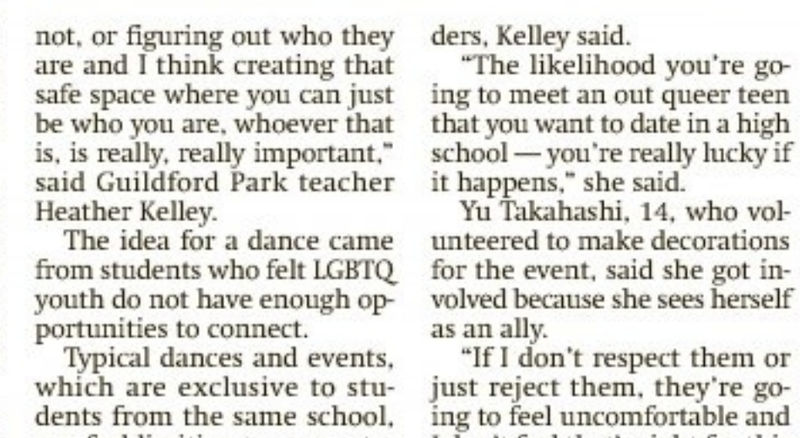

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Queer Muslims protest Trump

DEMONSTRATIONS

'Bigotry' not welcome in Vancouver, say activists

David Ball
Metro | Vancouver

In the wake of the Orlando massacre last week, presidential nominee Donald Trump's renewed vow to ban Muslims from entering the U.S. if he's elected president has stirred outrage north of the border.

Late Sunday afternoon, several dozen Vancouverites linked arms in front of what will be Trump's most enduring and prominent symbol in the city: Trump International Hotel and Tower on West Georgia Street.

"When Trump said this week that he has queer support to ban Muslims, we needed to send a message," Imtiaz Popat, an organizer with Salaam Vancouver, told Metro outside Trump Tower.

Imtiaz Popat (pictured in black and white cap), with Salaam Vancouver, and dozens of others held a rally outside Trump International Hotel and Tower on Sunday afternoon. DAVID P. BALL/METRO

"What happened in Orlando has affected both the queer community and the Muslim community.

"Being a queer Muslim, I'm doubly affected."

The event was called over Facebook titled "Hands Across Trump Tower: Muslim and Queer Solidarity," and as described attendees joined hands to form a human chain in front of the construction fencing still surrounding the skyscraper.

"We held our hands in a show of unity against this sort of bigotry," he said.

Imtiaz said many Muslims in the U.S. prayed for the massacre victims and their families during Ramadan, and donated blood en masse since gay men are forbidden from doing so. He said the rally was an opportunity to bring LGBTQ people and Muslims together around common interests.

> What happened in Orlando has affected both the queer community and the Muslim community. Being a queer Muslim, I'm doubly affected.
> Imtiaz Popat, Salaam Vancouver

Leslie Benisz is one non-Muslim who showed up at the Tower to voice his support and link arms with friends opposed to Trump's name having a prominent beacon in Vancouver.

"I'm here in solidarity with my Muslim friends — as a Canadian, and also as an Israeli," he told Metro. "With Donald Trump's comments, he's dividing people.

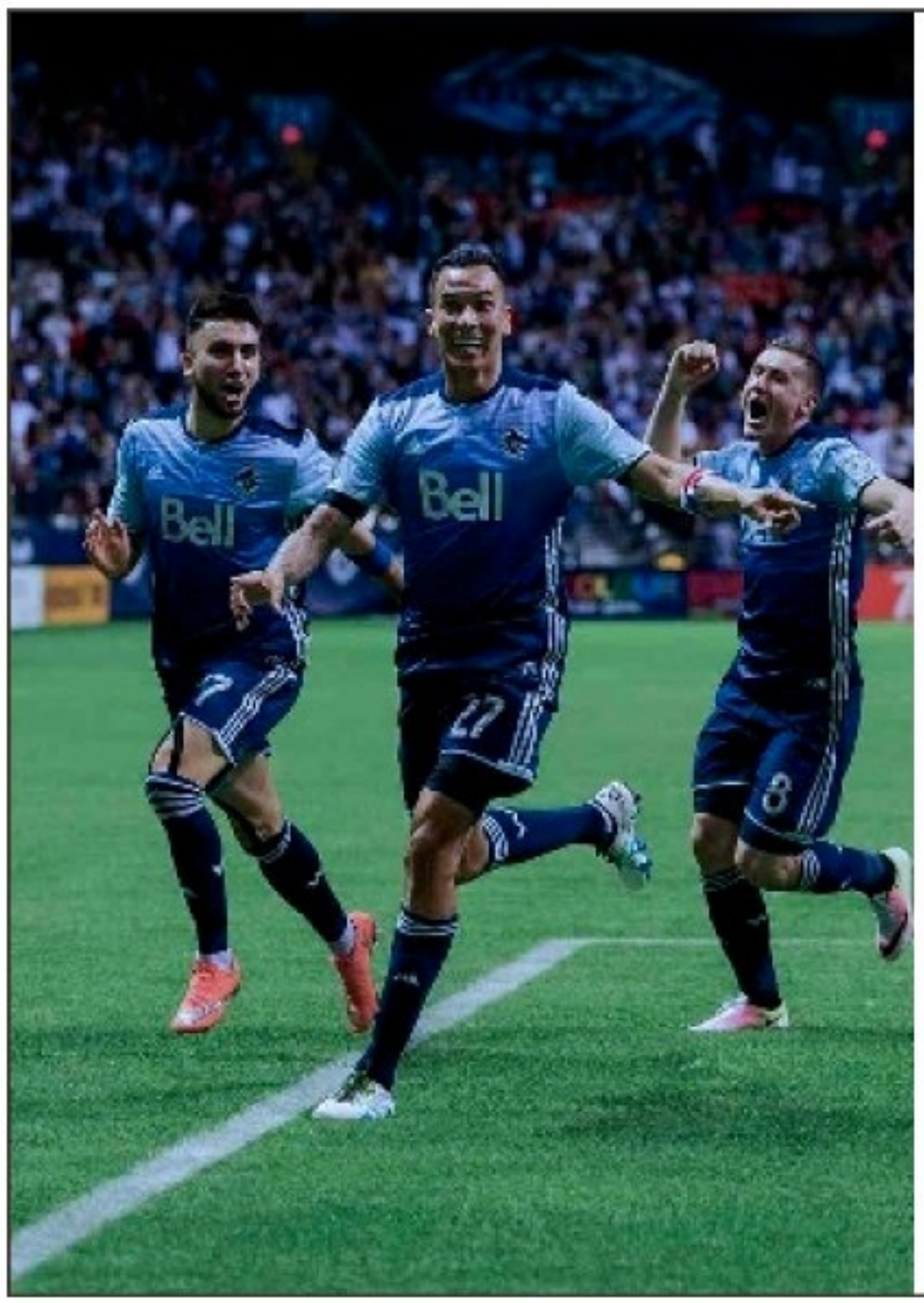
"It sets a very dangerous precedent. Those kinds of comments sow the seeds of hatred … When you look at the things Trump is saying, I fear for what would happen if he were elected."

He argued that Trump's popularity among U.S. voters seems to stem from fears of Muslims and immigrants based on stereotypes, not reality.

"In the Muslim community, yes there are terrorists, but there are also Canadians who have committed crimes," he added. "I don't think 33 million Canadians are all to be feared as a group.

"(Trump Tower) is offensive because it's a symbol of excess, wealth, hatred and bigotry. This tower just sends the wrong message."

The protesters left a very different message on the sidewalk in front of the building: "Salaam aleikum!" — the Arabic greeting which means "peace be upon you."



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Community Captains

Finance ministers to talk changes to CPP

RETIREMENT

Feds seeking to expand Canada Pension Plan

Kent Peterson would forgive anyone who might think he's got nothing to worry about when it comes to his retirement — or, for that matter, what happens to the Canada Pension Plan.

After all, the 27-year-old has a unionized, full-time job with the Saskatchewan Federation of Labour. Most folks would likely assume he has a robust workplace pension plan to help him save for his golden years.

Except he doesn't.

"I'm relying solely on the CPP," Peterson admitted in an interview. "I've envisioned my retirement, and it's not happy and rosy, to be honest with you."

Peterson will be watching the outcome of meetings Sunday night and Monday as the country's finance ministers try to hammer out a preliminary agreement on an expanded Canada Pension Plan — one that's likely to include higher benefits and an increase in the premiums that come off the paycheques of workers.

One central issue: whether to impose an across-the-board change on all workers and employers, or to more selectively target those Canadian workers who are the least likely to save.

Federal research has suggested the latter group tends to be under the age of 30, earns between $55,000 and $75,000 , and either doesn't save enough or lacks access to a workplace pension plan.

The federal and provincial governments are looking at a possible increase in the $55,000 cap on annual maximum pensionable earnings, which would result in both higher premiums and increased pension benefits.

THE CANADIAN PRESS

$45B
Total contributions to the Canada Pension Plan in 2015

5.3M
Total CPP beneficiaries in 2015

$19.97
Maximum individual monthly benefit payout in 1967

$1,092.50
Maximum individual monthly payout in 2016

$38.7B
Total benefits paid out to eligible Canadians in 2015

$269.6B
Total net assets of CPP as of March 31, 2015

$1.3B
Cost to operate CPP in 2015

$290B
Size of the 2016 federal budget

HEALTH

Fort McMurray's new little resident

Alex Boyd
Metro | Edmonton

Eli Danny Roy Mercer is Fort McMurray's newest resident.
CONTRIBUTED

The first baby has been born in Fort McMurray's hospital since the city was evacuated in early May.

Eli Danny Roy Mercer was born Friday morning at the Northern Lights Regional Health Centre weighing 6 pounds, 7 ounces. Eli is the second child for Melissa Taylor and Steven Mercer, who say they're grateful he could be born in their home community.

"It was the deciding factor for us to come home, knowing that the hospital was back up and running," Taylor said, in a press release from Alberta Health Services. "I didn't want to have my baby anywhere else."

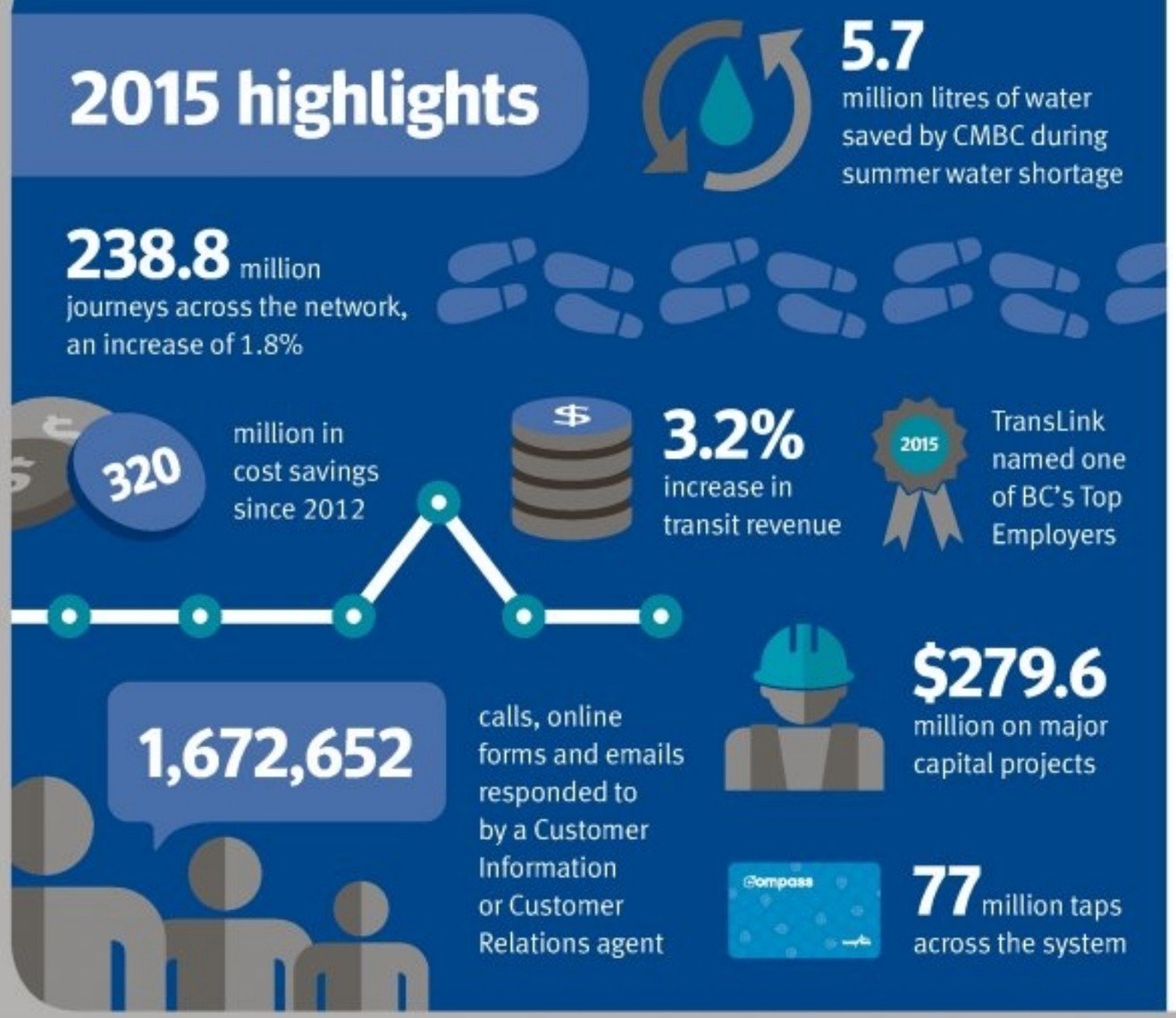
Juanita Pilgrim, manager of the maternity/child unit, said the birth marks a return to normal for hospital staff.

"We're all caregivers, it's what we do. We're so glad to be back doing our jobs and able to support moms in labour and help bring babies into the world. Fort McMurray is our home, too," she said, in the same release.

Emergency services at the hospital resumed on June 1, and core regional health-care services, like obstetrical, pediatric and inpatient psychiatry services, followed two weeks later.

The hospital will return to providing full comprehensive services next week, and will start bringing long-term care patients back on June 23.

Alberta Health Services said that those previously asked not to return to the city —including children under 7, and those with a chronic or acute medical condition — can now go home safely.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5.7 million litres of water saved by CMBC during summer water shortage
238.8 million journeys across the network, an increase of 1.8%
320 million in cost savings since 2012
3.2% increase in transit revenue
2015 TransLink named one of BC's Top Employers
1,672,652 calls, online forms and emails responded to by a Customer Information or Customer Relations agent
$279.6 million on major capital projects
77 million taps across the system
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2015 TransLink Annual General Meeting and Open Board Meeting

Join us at our **Annual General Meeting** as we review 2015 highlights and open the floor to questions.

Our June **Board Meeting** will follow after a brief break:

Thursday, June 23, 2016

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9:00 a.m.

Open Board Meeting
10:00 a.m.

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TRANSLINK

65.3 MILLION

This is the number of displaced people around the world — almost twice the size of the Canadian population.

WHERE ARE THEY COMING FROM?

54%
Of refugees come from these three countries

TOP HOSTS

1. Turkey 2.5 MILLION
2. Pakistan 1.6 MILLION
3. Lebanon 1.1 MILLION
4. Iran 979,400
5. Ethiopia 736,100
6. Jordan 664,100

GRAPHICS: ANDRES PLANA/METRO

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That number is the highest since the Second World War, despite a slowing rate of increase, a new report from the United Nations Refugee Agency says. If the entire population of refugees and migrants were a country, it would be the 21st largest in the world, the report says. The numbers, and the stories of those affected around the world, paint a harrowing picture. **METRO**

CHILDREN

98,400

This is the number of unaccompanied or separated children. This was the highest number on record since UNCHR started collecting such data in 2006.

51%

The percent of the displaced population in 2015 that were children below 18 years old

24

On average 24 people were displaced from their homes every minute in 2015

Ifara and Ismael

Central African refugee Ifara Antoinette, 41, attempts to comfort her one-year-old baby boy Ismael shortly after he was tested for signs of malnutrition. Thousands of refugees from the Central African Republic are gathered in an encampment on the banks of the Oubangi River in Gbangara spontaneous site in Equateur province, the Democratic Republic of Congo. B. SOKOL/UNHCR

Rule — a Daesh survivor

Rule, a Yazidi woman who was kidnapped by Daesh, pictured in a northern Iraq camp. She and her two grandchildren were released in January 2015. Her 35-year-old daughter is still being held, and is believed to have been taken to be sold in Raqqa, Syria. She raised her daughter as a single mother, after her husband's death in the Iran-Iraq war 34 years ago. A. MCCONNELL/UNHCR

Haqmal the young scholar

This is Haqmal (centre), a six-year-old returnee from Pakistan, and his friends. He attends the Ansarul-Momineen School in, Kabul District, Afghanistan. Haqmal says he loves school. "Writing is my very best subject," he says. "I love cricket. I used to play cricket all the time in Pakistan." UNHCR

Maribeth the dancer

When Maribeth Palacios was seven years old, armed guards killed her mother and sister. She fled and has never returned to her home town. She now works as a cook and traditional dance teacher in Florida. HELENA CHRISTENSEN/UNHCR

Ziad — struggling to stay warm

Syrian refugee, Ziad, 45, and his children, Tarek, 6, Mustafa, 7, and Hamzi, 3, look out from their shelter while trying to find warmth, in the Bekaa Valley, Lebanon. "We live in this tent out of necessity," Ziad said of the tent's conditions …We are trying to keep warm but as you can see we don't even have wood to burn." UNHCR

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Britain readies for EU referendum

Liberal Democrats leader Tim Farron greets supporters in east London on Sunday. AFP/GETTY IMAGES

EUROPEAN UNION

Campaign resumes after Labour MP Jo Cox's murder

Britain's long and difficult referendum campaign has resumed in earnest after a three-day halt caused by the killing of Labour Party lawmaker Jo Cox in a brazen knife and gun attack.

The death has cast a pall over the referendum set for Thursday, and its impact on the eventual results — if any — is unclear.

The campaign tone was perhaps a bit more moderate Sunday as both sides in the bruising battle over whether Britain should remain a member of the 28-nation European Union seemed to take a more civil approach.

The content remained the same: the "remain" camp predicts economic doom if Britain leaves the EU while the "leave" campaign warns of the perils of uncontrolled immigration unless Britain strikes out on its own.

Prime Minister David Cameron, leading the "remain" campaign, invoked Cox's memory as a contrast to the values of some of the "leave" campaigners, singling out UK Independence Party chief Nigel Farage for taking a negative approach. THE ASSOCIATED PRESS

BALLOT BOX

Britain goes to the polls on June 23 to vote to leave or remain in the European Union in a referendum.

Let's talk transit fares

Take the Transit Fare Review survey at **translink.ca/farereview**

Over the last 30 years, the way we determine fares—including our zone structure and our fare products—hasn't changed much. It's time to move toward a fare system that works better for more customers.

This is the first of four phases of the Transit Fare Review. Share your thoughts by participating in the survey between May 24 and June 30, 2016 and have your say on how to improve the transit fare system.

translink.ca/farereview | 604.953.3333

TRANSLINK

Mekiha Thomas, 7, signs one of the 49 crosses at a makeshift memorial outside Orlando Regional Medical Center on Sunday. The crosses were erected by an Illinois man to honour each of the victims in the Pulse massacre.

MASS SHOOTING

Orlando survivors worry what's next

A week has passed since the Orlando nightclub shooting that killed 49 club patrons and the funeral processions are wrapping up, but survivors and victims' families say they realize the nightmare will live on long after the world's attention fades.

"We have so many wonderful lives that have been lost."
Jeannette McCoy

Jeannette McCoy made it out of the Pulse nightclub alive on June 12 as gunman Omar Mateen continued a shooting that also wounded and maimed 53 others before he died in a hail of police gunfire.

McCoy said the love and support can only do so much to help. It's a temporary balm, she said, and she worried that while life may return to normal for some people after the world's attention moves on, it won't for Orlando's LGBTQ community.

"All of this has been so traumatizing," she said. "The way that our community has been impacted, it's just so unfortunate. We have so many wonderful lives that have been lost. When we look at all these crosses, and all these faces, all these stories, it hurts. It hurts so much."

On Saturday, across from Cathedral Church of St. Luke, where Christopher Andrew Leinonen's funeral was held, hundreds lined the street holding "We Support You" and other signs.

Brandon Wolf was with the 32-year-old Leinonen and shooting victim Juan Ramon Guerrero at Pulse. The 27-year-old Wolf managed to make it out alive.

He says Leinonen, whom he called Drew, changed his life, and eased his pain when he was hurting.

"He looked me in the eyes that night and did what Drew always did, he said, 'I love you,' Wolf said. "That is Drew's lasting message to us, 'I love you.'"

Investigators are still interviewing witnesses, and looking to learn more about Mateen and others who knew him well. A lawyer for the Council of American-Islamic Relations said that the FBI on Friday interviewed a man who worshipped at the same mosque as Mateen. THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Monday, June 20, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

While cycling, I almost got doored by a passenger in a cab. I decided not to say anything, but the cyclist behind me went ballistic on my behalf. Should I have engaged the offenders? How does one do that politely?

Dear Ellen,

I am a cautious cyclist and obey all the rules of the road. But I recently nearly got doored when a cab pulled into the bike lane and the passenger opened the door to get out. I stopped in time, with my front wheel touching the inside of the car door. The passenger was surprised but nobody got hurt. I was in a mild state of shock and kept going without saying anything. Then I heard the cyclist behind me pull up and start screaming and swearing at the cab, which was also upsetting. My question is: Should I have said something? How do you effectively and politely tell the offending motorist what's what?

Signed,
Cathy

Dear Cathy,

You letter makes me love Canada, for where else could a law-abiding citizen be as upset about public profanity as with almost being killed?

The fact is, getting doored is extremely upsetting, but it can also be shocking and sometimes physically dangerous for the car driver or passenger — which can give some satisfaction to some of us. In general, in the aftermath of near-dooring, you needn't feel bad about riding off without saying anything. There are precious few times in life when a person is entirely in the right and entitled to some sharp words with someone who is entirely in the wrong, but if in the moment you choose for whatever situational, spiritual or emotional reason to believe that the door-opening party has experienced a highly teachable moment and is unlikely to repeat the mistake, with or without a verbal dressing-down from you, you're certainly within your rights to invoke the no-harm-no-foul principle.

But close shaves with cabbies might require extra corrective action. Cab drivers, of all people, ought to know the hazards cyclists are subject to. And, as drivers responsible for the safety of their passengers, they should always check the curb lane for two-wheeled traffic before allowing their charges to exit. As for those who fail in this regard, even to the point of pulling into a dedicated, delineated bike lane to disgorge a human being into the paths of hurtling cyclists — well, screaming and swearing are unlikely to educate such selfish, oblivious boobs, but I wouldn't blame any upset cyclist for trying anyway.

I myself prefer to inflict a different kind of torture to offending drivers. Any time a car cuts me off, nearly doors me or startles me with honking, I deliver a long, extremely polite lecture, in very simple language, as if I were speaking to an exceptionally stupid alien from a planet without bicycles. I find this to be a relaxing exercise that always helps to take the edge off my anxiety after someone has almost killed me.

Sometimes the exercise is more exercising than relaxing, as when, in order to deliver my helpful lecture, I have to chase the car for a block or two, then circle around to the front of the vehicle to trap them at a light, or block the driver door if they've pulled over to park. Once, when I was younger and fitter, I chased a pickup truck for at least a kilometre, and managed to catch up and confront the driver as he was getting out of his vehicle. Boy was he surprised. In fact, when I politely started to ask him why he'd almost run me over, he started screaming and swearing at me. Actually, as he started to advance on me, it was lucky I was still on my bike so I could ride away before he had time to reach me on foot or get back into his over-amped truck and chase me.

Looking back, I now see that risking my life a second time in a bid to educate a driver might not have been the wisest thing. And I probably contributed to his almost running over any number of cyclists after that.

Actually, Cathy, I think your riding off without a word was the right thing to do. Thankfully, the majority of drivers are careful and responsible around cyclists these days, so when you encounter a bad one, it's probably best to leave quietly and in one piece while you still can.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Even by the standards of jargon, 'deep dive' is as shallow as it gets

Finance Minister Bill Morneau, rest assured, has this housing marking crisis under control. You can tell by his evocative language.

"We're making sure that we have a deep dive into the information to ensure that any considerations we have for change are evidence-based," he said this week.

Deep diving is now de rigueur, it's en vogue, it's reached new heights. In the space of a day of radio broadcasting, one reporter noted medical students taking a deep dive into HIV and AIDS policy and a listener to a call-in show talked of a deep dive in post-secondary funding. And the New York Times published a recent "Deep Dive Into Benjamin Zander's 'Shining Eyes.'"

Everywhere you look, people are strapping on the intellectual scuba gear. Online slang dictionaries peg the earliest metaphoric, non-aquatic use of the term to 2009. Katherine Barber, founding editor in chief of Canadian Oxford Dictionary, hadn't yet had the pleasure of encountering this slang when I called her up last week, but it didn't take too long to confirm its soaring status.

"Yes, it is increasing in frequency in use," she said, after consulting the Corpus of Contemporary American English. "It is a buzzword, isn't it!"

Most of the recent mentions were from news reports, she noted, though we both agreed it sounded like a business term (run amok, I added).

And, of course, it's apparently already over.

The business website The Muse dubbed it a word to stop using way back in 2013: "Do you need a wetsuit for that? Why use such a metaphorical phrase when you could just say you'll investigate something?"

My thoughts exactly. Deep diving reeks of trying too hard to sound down with the lingo, and already sounds cliché. In this era of quick hits and hot takes, to promise a "deep dive" is to immediately raise suspicion about the dive's true depth. What are you doing the rest of the time, Mr. Morneau? Shallow diving with a snorkel?

Barber is kinder to deep diving than am I. "It's very evocative, right? You have an image of your head of the scuba diver going way, way down to the bottom of the ocean to look at things."

Of course, she's right. A deep dive is far more cinematic than a close look. It might work in a boardroom, where people are always circling back, working on a go-forward basis and executing actionables. But as language that's supposed to assure me we're serious about addressing the 37 per cent jump in Vancouver home prices in just the last year, for example?

I'd rather, Morneau, that you simply investigate.

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Meet Anvitha Vijay, 9, Apple's youngest developer. She learned coding at age 7 from YouTube

Workout for fighting White Walkers

HEALTH

Game of Thrones trainer offers tips for staying fit

Kit Harington's trainer knows nothing of Jon Snow.

That's because celebrity fitness expert Dalton Wong doesn't watch Game of Thrones, the HBO drama starring his client.

Though several actors from the popular fantasy epic work out at the Victoria B.C.-bred trainer's U.K. studio, Twenty Two Training, Wong doesn't care whether they defeat the White Walkers or "always pay their debts."

"People ask me a lot of questions about (the show), and I truthfully say 'I don't know,'" he says.

Wong is concerned about whether his Game of Thrones clients choose vodka-water or a pint of beer at their next A-lister party. Choosing the former is among the many fitness and nutrition tips Wong lays out in his new book The Feelgood Plan (Sterling Epicure: $24.95), written with his client Kate Faithfull-Williams, a health and fitness writer, and featuring a forward by Academy Award-winner and Wong's client Jennifer Lawrence.

Trainer Dalton Wong, seen left with Kit Harington of Game of Thrones, took reporter Jonathan Forani (above) through a Game of Thrones workout. TORSTAR NEWS SERVICE

What inspired your new book?

It's 20 years of what I've been doing, teaching people how to live a healthy lifestyle. Why people like Kit (Harington) like coming to see me is I teach them those other things that people don't really talk about — like how to go to an A-lister party, how to go to the pub, how to drink, how to go out.

What's a celeb tip for going out?

When you go to a pub, don't drink pints, drink bottled beer.

Why is that?

It's portion control. Most diet books tell you "Don't drink and don't eat chocolate." Come on, these guys are Hollywood stars. They want to go and have fun. My thing is to tell them: here's what you can and can't have, go out and have fun, make sure you're back to work and back to the gym. With that approach, you'll still look good and you'll still feel amazing.

What are some celebrity rules for eating out?

For them, if they're going out drinking, I never let them go out on an empty stomach. If they're going out to eat and they're drinking, they will probably eat a little bit less so they can have a bit more fun. If they're going out drinking, they would have clear spirits like vodka rather than whisky or rye.

Is that the celebrity drink of choice?

It's just really low calorie. What I like to tell people is if you're out and you have something very clear, no one can tell if it's sparkling water or not.

Let's talk food and the gym. Can you ruin a workout with a pizza?

Yeah. Or you go to the gym and you haven't eaten anything beforehand (mimics struggling to lift weights) — it's pointless. Lots of people put so much emphasis on the exercise and not about the food.

Should you eat before you go to the gym?

It depends. I don't. I can have a green drink and a coffee, and I don't. That's just my personal preference and I don't lift very heavy weights. If you want to lift heavy weights you do need some fuel in that gas tank. But it's not using Red Bull or (energy supplement) creatine.

TORSTAR NEWS SERVICE

THE MOVES

Reporter Jonathan Forani met with Wong to try what the Star has dubbed the Game of Thrones workout he designed for Harington. The routine features plenty of torso-twisting, similar to movements Harington might have to do on the show.

Here are a few of the exercises:

Bridge lift

On your back, with feet flat on the ground, legs in a 90-degree angle, lift the hips up towards the ceiling until the body is straight. Repeat this motion for one minute, then hold it in the bridge position for one minute.

Side to side

Then, with feet and back flat on the ground, legs in a 90-degree angle, keep the knees together and move them side to side all the way to the ground on the left and then the right. Repeat this motion 10 times.

Lunge walks

Crouched down, hands on the floor, with the left leg ahead and the right leg behind, push the left knee out, stretching the groin. Step forward with the right leg, pushing out the knee with your right elbow. Do 10 steps.

MONEY MATTERS

How frugal living helped one woman save $40K in two years

Gail Vaz-Oxlade
For Metro Canada

One of the pleasures of going on a book tour is the people I get to meet.

Let me introduce you to Jane. I met her on tour for my latest book, Money Talks. (Jane isn't her real name, you know that.)

She walked up to me, eyes sparkling, a huge grin on her face. "You saved my life!" she says very matter-of-factly.

"You exaggerate," I grinned at her.

"Only a little," she smiled back at me. "Because of you, I saved $40,000 in two years so I could buy a home."

"Wow!" I said, very impressed. "How'd you do it?"

"The first thing I did was quit smoking," replied Jane.

"I watched you flush that guy's cigarettes down the toilet a bunch of times and then I did it."

Jane saved just over $7,000 in two years just doing this.

"I opened up a savings account and called it 'Not Smoking' and every week I moved the equivalent of what would have gone up in smoke into savings."

She also started to carpool.

"And I started making my trips really count by doing all my errands at once.

"I figure I was saving about $25 a week in gas alone never mind the maintenance on my car."

Then when Jane's car payment ended, she channelled the money from the car payment into her savings.

"I was spending $372.27 a month on my car loan. So I opened up another account and called it 'Car Savings' and ended up with $9,450 in it."

Were there any downsides to her rabid savings plan?

Yup. There wasn't a lot of going out. And because she took in a student as a roomie, there also wasn't a lot of privacy. Was it worth it?

"It sure was. My roommate saved me $400 a month on my rent. And I saved about $270 a month on entertaining myself and my daughter, Julia, at home."

"Let me guess," I said, "another savings account."

"Yes ma'am," said Jane.

"How much?"

"$6,880."

"You're still a long way of $40K," said I.

"Not so long" said Jane. "I had some help. I told anyone who would normally give me a present for my birthday or for Christmas to give me $20 instead to help me get the best present ever: a home of my own."

Another account?

Yup.

"I have wonderful parents who really wanted to help. My father had a huge garage sale and added it to my House Savings account."

How much? $1,200 in two years. Nice family and friends!

She saved the rest by only shopping for her daughter in secondhand stores, brown-bagging it at work, switching from coffee to tea, and she also stopped buying books and renting movies. She and herdaughter go to the library Saturdays.

"It's entertainment and we get to bring home stuff."

"Well done," I said.

"Thanks," she smiled. "I couldn't have done it without you."

Actually, she could have, but I was glad to have helped.

For more money advice, visit Gail's website at gailvazoxlade.com

YOU CAN DO THIS WELDER

'Welding is an artistic trade'

HOW TO START

A combo of over three years of work experience and post-secondary certification is typically required to be considered a qualified welder in Canada. Students can fast-track into an apprenticeship following a one-year welding techniques certificate program; but colleges with two-year welding technician or inspection programs are also a route to employment.

WHERE YOU CAN GO

Certified welders can expect to find work in a number of environments, including paper mills, ship yards, steel fabrication shops, construction sites and refineries. The recent surge in urban construction has sparked a particular demand for workers who specialize in piping.

NEXT CAREER STEP

With experience, a certified welder may opt to become a welding inspector, underwater welder, shop supervisor or sole-proprietor.

WHY I LIKE MY JOB

Emily Vickers, 26, Pipe Welder/Welding Inspector at Westlake Industries, Burlington, Ont.

I always knew I wouldn't have a traditional job, and when I started welding I thought, 'This is it!'

At the age of 22, I researched where the jobs were before I decided what I wanted to be. I decided to enrol in a year-long welding course at a private trade school. I had never worked with tools before, but the program helped me prepare for government-regulated tests in structural beam welding and simple piping.

Currently, I am responsible for welding process piping for stainless, carbon and chrome pipelines. It is my duty to make sure all pipes are rigged and welded seamlessly to be deemed safe for use in the field.

I see more women getting into the welding industry each year, which I find very exciting. In my experience, women often have a better eye for detail and, dare I say, make the better welder. The job can be physically demanding, but that doesn't mean that women are incapable.

Overall, welding is an artistic trade. I enjoy my job because at the end of the day I can look back and say, 'I built that.' But I'm no starving artist; I was able to walk away from my apprenticeship debt-free, with money in the bank. I am buying my first home this week!

THE BASICS: Welder

$51,193

$51,193: Median salary of welders in Canada. An apprentice will start at a lower rate but gradually earn more as they pursue their journeyperson certification. Advanced welders can make upwards of **$85,000.**

+5%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, academycanada.com, jobbank.gc.ca and onetonline.org.

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metro SPORTS

Andy Murray claimed a record fifth title at Queen's Club Sunday as he recovered from a set and 3-0 down to beat Milos Raonic 6-7 (5), 6-4, 6-3

LeBron's legend taller after Game 7

NBA FINALS

Mr. Everything leads Cleveland to long-awaited championship

LeBron James cradled the shiny gold trophy and struggled to sum up what might be his sweetest championship yet, the one he is so proudly bringing home to his native northeast Ohio just as he promised to do when he returned to the Cavaliers two summers ago.

James and his relentless, never-count-them-out Cavs pulled off an improbable NBA Finals comeback, and Cleveland is title town again at long last.

Unfazed by the criticism and chatter all series, James delivered on a vow to his home state and brought the Cavs back as they became the first team to rally from a 3-1 finals deficit, beating the defending champion Golden State Warriors 93-89 on Sunday night to end a 52-year major sports championship drought in Cleveland.

> **I'm happy to be part of history. I'm at a loss for words.**
> LeBron James

"I'm happy to be a part of history," James said, then added, "I'm home. I'm home. ... I'm at a loss for words. This is unbelievable."

In a testy series of blowouts — and a few blowups — the winner-take-all Game 7 providing the thrilling finale with James as the finals MVP disarming two-time reigning MVP Stephen Curry and his record-setting Warriors.

James almost single-handedly carried the Cavs back into this series and finished with 27 points, 11 assists and 11 rebounds as the Cavs captured their first championship in franchise history and gave their city its first major sports winner since the Browns won the NFL title in 1964. He also had three blocked shots and two steals, overcoming five turnovers.

"CLEVELAND! This is for you!" James bellowed in his postgame interview before being announced as finals MVP.

THE ASSOCIATED PRESS

GAME 7 In Oakland

93	89

LeBron James lifts the Larry O'Brien Trophy on Sunday night in Oakland. EZRA SHAW/GETTY IMAGES

U.S. OPEN

Dustin has his day with major victory

All the chaos and confusion couldn't stop Dustin Johnson from proving he had the head to be a U.S. Open champion.

One year after the most devastating of all his close calls in the major, Johnson endured two hours of not knowing the size of his lead while the USGA questioned whether he should be penalized one stroke for his ball moving on the fifth green.

Johnson said it didn't. The USGA said it would wait until after the final round to decide.

America's most powerful golfer took matters into his own hands Sunday at Oakmont with a 10-foot par save on the 16th hole, a tee shot he smashed down the middle of the 18th fairway and an approach to five feet for birdie that left no doubt who won the toughest test in golf.

Only after he was guaranteed that silver trophy did the USGA assess him a one-shot penalty, turning his final score into a 1-under 69 for a three-shot victory.

THE ASSOCIATED PRESS

Dustin Johnson GETTY IMAGES

IN BRIEF

Albania keeps dream alive
Albania kept its hopes of qualifying for the round of 16 alive with a 1-0 victory over Romania on a goal from Armando Sadiku on Sunday in Lyon, a result that eliminated its opponent.

The scoreless result in Lille was good enough for both teams, with host France taking first place in Group A and the Swiss moving on to the round of 16 in second place. THE ASSOCIATED PRESS

Thompson beats MacDonald
Stephen (Wonderboy) Thompson won a unanimous five-round decision over Rory (Red King) MacDonald (18-4-0) in a battle of top welterweight contenders at UFC Fight Night 89 Saturday.

Thompson was more active, with MacDonald struggling to score The judges scored it 50-45, 50-45, 48-47 for Thompson (13-1-0). THE CANADIAN PRESS

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RECIPE Slow Cooker Pulled Pork

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't put your slow cooker away for the summer — nothing keeps your kitchen cooler. This recipe yields enough pork for two dinners. Read tomorrow for the follow-up recipe!

Ready in
Prep time: 30 minutes
Cook time: 8 hours 30 minutes
Makes 8 to 10 servings

Ingredients
- 1 3 to 4lb. boneless pork shoulder blade roast
- ¼ cup brown sugar
- 4 tsp salt
- 4 tsp chili powder
- 2 tsp dried mustard powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp ground black pepper
- 1/2 tsp cinnamon
- 1/4 tsp ground nutmeg
- 2 tsp vegetable oil
- 1/2 cup apple cider vinegar
- 1/2 cup orange juice
- 3 Tbsp tomato paste
- 6 brioche buns

Directions

1. In a small bowl, combine 2 Tbsp of brown sugar, salt, chili powder, dried mustard powder, cumin, garlic powder, black pepper, cinnamon and nutmeg. Rub the spice mix over the pork.

2. Heat the vegetable oil in a large skillet over medium heat; add the pork and brown all sides for about 10 minutes. Remove the pork from the skillet and set aside on a plate.

3. Add 3/4 cup (185 ml) water to the skillet and whisk into the drippings. Transfer the liquid from the pan into your slow cooker. Add the vinegar, juice, tomato paste and remaining 2 Tbsp (30 ml) of brown sugar to the slow cooker and whisk. Add the pork and cover, cook on low for 8 hours.

4. If the liquid does not fully cover your shoulder you'll need to turn it at the half way point. Remove the pork and transfer to a cutting board. Pour the liquid into a Dutch oven over low heat to keep it warm.

5. Shred the pork, using two forks, or roughly chop. Add the shredded meat to the Dutch oven and combine with sauce. Taste and season with salt.

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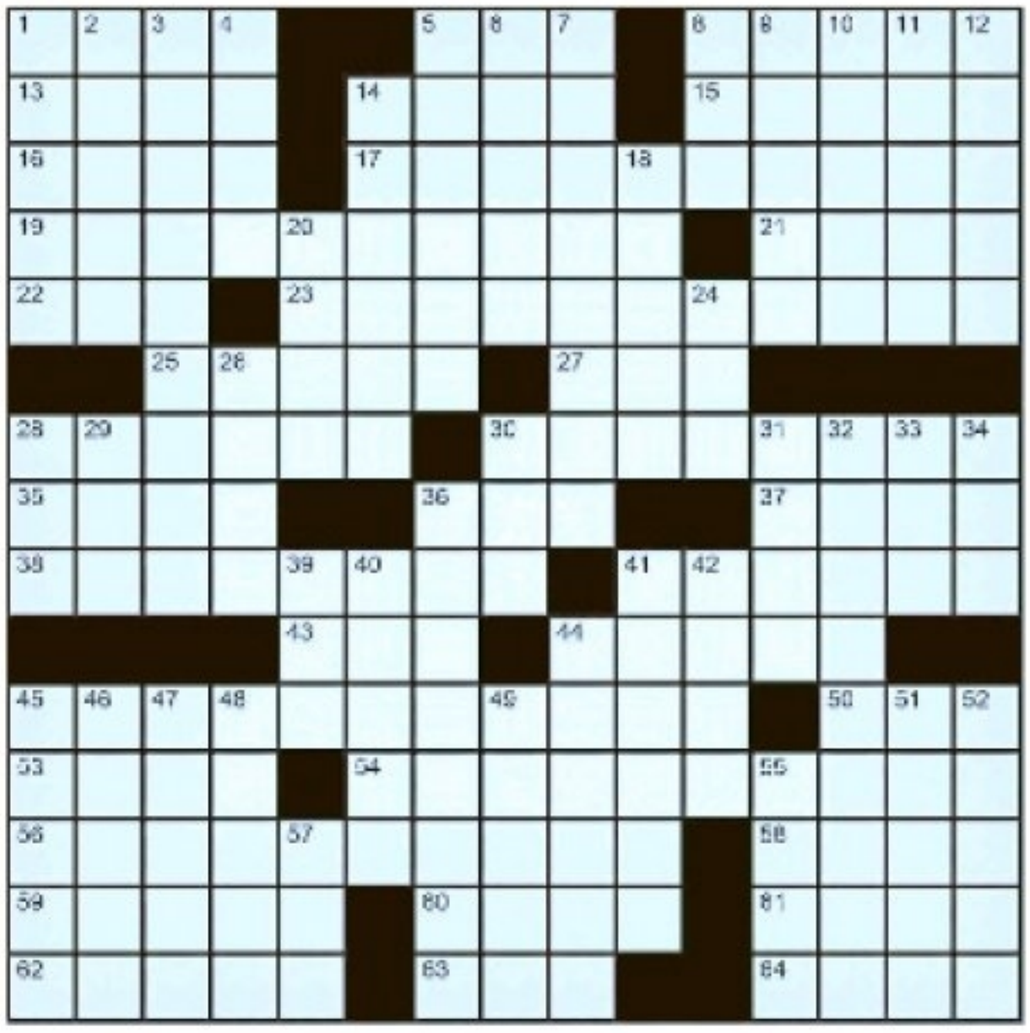
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Caesar's 202
5. "Meatballs" (1979) star ...his initials-sharers
8. Visibly stunned
13. Vases
14. __ du jour (Dish of the day)
15. Frasier's TV brother
16. Amble
17. Canoe stabilizers in Hawaii
19. BeaverTail or Nanaimo Bar: 2 wds.
21. Cafe au __
22. 'Mountain' suffix
23. It's new and is regarded as one of the top courses in the world by #54-Across: 2 wds.
25. Tidies, say
27. Even if, briefly
28. City in California
30. One of Canada's acting Ryans
35. Celebration
36. Scam
37. Additional
38. Tackle box item
41. Serious Skincare entrepreneur, Jennifer __ (Sylvester Stallone's wife)
43. Popular tree
44. __ __ with nature
45. Molson Canadian: 3 wds.
50. Actress Ms. Ling
53. Architect Mr. Saarinen
54. Game on the green publication: 2 wds.
56. Television spot, often: 2 wds.
58. Irish souvenir
59. John Keats, for one
60. Weight allowance
61. Ancient Dead Sea land
62. Mr. Autry's
63. Canonized Mlle.
64. Ballpark figs.

DOWN
1. Hex
2. "Gladiator" (2000) star Russell
3. Nova Scotia... #23-Across' western shores locale on Cape Breton Island
4. KT Tunstall's "Suddenly __"
5. Comments-in-snippets
6. California city, San __
7. Dorothy __ (Canadian to whom Bryan Adams' song "The Best Was Yet to Come" is dedicated)
8. Director Mr. Lee
9. Bennifer movie of 2003
10. Robert Frost poem, __ Treader
11. Font flourish
12. "Hey there..." library sounds
14. __ salad (Picnic dish)
18. Must scratch, must scratch...
20. Our national hwy.
24. Half of England's cap.
26. Bible book, e.g.
28. Tripled letter meaning 'really loud' in music
29. 1989 David Byrne album: '__ Momo'
30. Seoul's locale [acronym]
31. Its capital is Muscat
32. Hippy's necklaces: 2 wds.
33. Soft & __ (Antiperspirant brand)
34. Ott. hockey player
36. Consoles
39. She'd opposite
40. Branch of knowledge suffix
41. Dog sniffing the kibbles bag meaning: 2 wds.
42. Ms. Loughlin
44. Earlier
45. Obscure
46. Writer Charles' bookish surname
47. Mr. Shimerman of "Star Trek: Deep Space Nine"
48. Racket
49. Puffiness
51. Tie type
52. List components
55. Lea Michele's old show
57. Fire dept. ranks

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's impossible to meet the demands of home and family as well as the demands of your job and your career today because of the Full Moon. Just cope as best you can.

Taurus April 21 - May 21
This is an accident-prone day for your sign because of the high emotions due to the Full Moon today. The key to avoiding an accident is to stay mellow and calm.

Gemini May 22 - June 21
Disputes about money, shared property and inheritances might arise today. Wait a few days, and this conflict will diminish considerably. (Full Moon today.)

Cancer June 22 - July 23
Today the only Full Moon opposite your sign all year is taking place. This is why relations with partners and close friends are so testy and challenging! Mum's the word.

Leo July 24 - Aug. 23
Be easygoing and understanding with co-workers today, because today's Full Moon energy puts everyone on edge. A little patience can go a long way.

Virgo Aug. 24 - Sept. 23
Parents should be patient with their kids today because of the Full Moon energy. Meanwhile, this same advice applies to romantic partners. Oh yeah.

Libra Sept. 24 - Oct. 23
A family member might make demands on your time today; nevertheless, you have to focus on work. This is a tough choice, and you have to make it.

Scorpio Oct. 24 - Nov. 22
Travel plans might be stressed. People are on edge because of the Full Moon today. Avoid controversial subjects like politics, religion and racial issues.

Sagittarius Nov. 23 - Dec. 21
This is not a good day to address financial disputes or arguments about inheritances and shared property. Wait until the Full Moon is over. (Even tomorrow is a better day.)

Capricorn Dec. 22 - Jan. 20
Today the only Full Moon in your sign all year is taking place. This is why you feel so much emotion within you! Take caution about overreacting with others.

Aquarius Jan. 21 - Feb. 19
Be patient with co-workers and clients today, because everyone can feel the Full Moon energy. Tomorrow is a much easier day. Just coast today.

Pisces
Feb. 20 - March 20
Romantic partners might be at odds today because of the Full Moon energy. However, even friends might have disputes. Stay mellow, because this is so temporary.

CONCEPTIS SUDOKU by Dave Green
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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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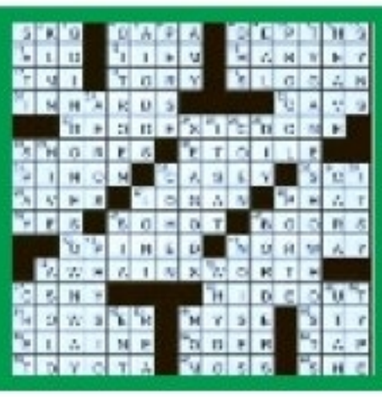

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